

Irvine Lunch





Age Well Nutrition Program • November 2023 Menu

Daily Lunch Program

SERVICE DATES EX: Monday – Friday • 11:30 AM – 12:30 PM



CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$4.00 COST - 59 YEARS OR YOUNGER: \$6.25</p> <p>Reservations are required & must be made by 10am 2 business days in prior to reservation date.</p> <p>RSVP in person at Lakeview Senior Center or call 949-724-6916.</p> <p>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>		<p>MEXICAN BEEF LASAGNA Mexican Coleslaw Orange Juice Apple Sauce Milk 1 [Veg: Mex Blk Bean Lasagna]</p>	<p>LEMON CAPER CHICKEN Garden Salad Rice Chocolate Chip Cookie Orange & Milk 2 [Veg: Spinach Wellington]</p>	<p>TUSCAN SALMON Sauté Carrots & Peas Penne Pasta Seasonal Fruit Milk 3 [Veg: Tuscan Tofu]</p>
<p>MEATBALLS W/ MARINARA  Garden Salad Spaghetti Seasonal Fruit & Milk 6 [Veg: Soy Crumble Marinara]</p>	<p>TURKEY MEATBALLS RED CURRY Zucchini & Squash Rice Seasonal Fruit & Milk 7 [Veg: Tandoori Chickpea]</p>	<p>MANGO CHUTNEY CHICKEN SANDWICH Tomato Basil Soup Apple Orange & Milk 8 [Veg: Falafel Sandwich]</p>	<p>CHEESEBURGER  Roasted Potato Hash Orange Juice Poke Cake Milk 9 [Veg: Veggie Burger]</p>	<p>VETERAN'S DAY HOLIDAY CLOSURE</p>
<p>PULLED PORK SLIDER Coleslaw Orange Chocolate Chip Cookie Milk 13 [Veg: Black Bean Patty]</p>	<p>CHICKEN TARRAGON SANDWICH Roasted Carrot Soup Apple Sauce Orange Juice & Milk 14 [Veg: Spinach Potato Patty]</p>	<p>BEEF W/ BLACK BEAN TACOS Mexican Coleslaw Tortilla (2) Seasonal Fruit & Milk 15 [Veg: Soy Crumble Blk Bean]</p>	<p>VEGETARIAN LASAGNA Mediterranean Salad Orange Oatmeal Cookie Milk 16 [Veg: Same]</p>	<p>ROASTED TURKEY w/CRANBERRY SAUCE Mashed Potatoes & Gravy Vegetable Medley Stuffing, Pumpkin Pie & Milk 17 [Veg: Spinach Wellington]</p>
<p>CHICKEN CACCIATORE W/ BLACK OLIVES Garden Salad Wheat Roll Pineapple Parfait & Milk 20 [Veg: Eggplant Parmesan]</p>	<p>VIETNAMESE MINCED PORK Asian Slaw Rice Seasonal Fruit & Milk 21 [Veg: Coconut Tofu Curry]</p>	<p>CHICKEN RED PEPPER SANDWICH Cream of Broccoli Soup Orange Pound Cake & Milk 22 [Veg: Falafel Sandwich]</p>	<p>THANKSGIVING DAY HOLIDAY CLOSURE</p>	<p>THANKSGIVING DAY HOLIDAY CLOSURE</p>
<p>TURKEY & EGG CHEF SALAD Wheat Roll Seasonal Fruit Milk 27 [Veg: Tofu & Egg Chef Salad]</p>	<p>CHICKEN MARSALA Rainbow Salad Orange Rice Apple & Milk 28 [Veg: Lentil Loaf Caper Sauce]</p>	<p>MEDITERRANIAN COD Garden Salad Orange Rice Chocolate Chip Cookie & Milk 29 [Veg: Stuffed Eggplant]</p>	<p>BBQ CHICKEN SLIDER  Cream of Broccoli Soup Orange Juice Brownie Milk 30 [Veg: Black Bean Patty]</p>	



Meal contains sodium over 1000mg

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.